



Prawn, Cabbage and Carrot Rice Stirfry

Ingredients

300gm peeled cooked prawns

½ an onion sliced

1 cup of diced shiitake mushrooms

Salt and Pepper plus ½ tsp of dried ginger

2 tbsp olive/coconut oil or olive oil spray

4 tbsp Braggs Coconut Aminos or soy sauce

1 tsp crushed garlic fresh or ½ tsp powdered

2 cups shredded green cabbage

1 cup chopped spinach or swiss chard

1 large grated carrot

1 cup of frozen peas

1 tbsp sesame seeds

Instructions

- In a bowl add 2 tablespoons Braggs Coconut amino or soy sauce along with crushed garlic, mix allow the prawns to marinate or defrost and marinate in the liquid.
- Either cook the Basmati rice (microwave method) or the rice noodles to serve with the dish. The noodles cook quite quickly. Quick tip: boil the kettle for instant hot water.
- Cut the onion in half and then into thin slices. Slice and dice mushrooms.
- Make sure to use a big wide pan or wok to cook in. Add oil to pan and fry onions until translucent. Add the mushrooms and cook until softened. If the oil is not enough add a little water and keep adding as needed instead of adding more oil, the water evaporates quite quickly.
- Add the marinated prawns and stir until warmed, constantly stirring. You can turn the heat down to medium.
- Check on noodles or rice.
- Add cabbage, carrot, swiss chard and peas on top and another splash of water. Add a little salt, pepper and dried ginger to taste. You can also put a lid on for 1 minute just to steam the vegetables, then remove
- Keep stirring until vegetables are tender. Add the additional Braggs and stir.
- You can either add your rice or rice noodles to the mix and stir through or serve separately.

This is such a quick and easy recipe and works really nicely for meal prep.

Serve with 2 eggs for breakfast or lunch. Great as leftovers!